

P163 (continued)

Objective: It is often suggested that people are more prone to succumbing to unhealthy foods when they are low in self-control. The present study investigates the effect of state self-control on food purchases in a real-life setting; a university canteen.

Study Design, Setting, Participants: In 163 participants (56% men, 76% students) with a mean age of 28 (± 11) years, state self-control was measured upon arrival at the canteen, by 3 items of the State Self-control Scale (Ciarocco et al., 2010). After returning from the cashiers, participants filled out which food product(s) they bought. Time was recorded when participants entered the canteen, and when they returned.

Outcome Measures and Analysis: The effect of state self-control on food purchases was analyzed by a logistic regression analysis with healthy vs. unhealthy product as dependent variable and state self-control as independent variable. Time spent at the canteen was added to the model as exploratory variable.

Results: Whereas there was no main effect of state self-control ($p=.56$), time predicted food purchases ($OR=1.003$, $p=.04$). The longer participants stayed at the canteen (mean time = 6 minutes, 23 seconds), the more often they bought an unhealthy product. Participants buying an unhealthy product spent on average 54 seconds longer than participants buying a healthy product.

Conclusions and Implications: A longer time spent at the canteen was associated with buying unhealthy foods. Deliberating between (healthy vs. unhealthy) choice options, and/or a longer exposure to tempting food cues, may lead to unhealthy purchases. Insight into the mechanism underlying this relationship may have practical implications for interventions in promoting healthy choices at point-of-purchase settings.

Funding: None

P164 Nutrition Environment and Practices of Family Childcare Homes and Child Care Centers in Nebraska

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Objective: To assess and compare the nutrition environment and practices of family childcare homes (FCCHs) and childcare centers.

Study Design, Setting, Participants: FCCHs ($n=309$) and childcare centers ($n=176$) participated in the Go Nutrition and Physical Activity Self-Assessment for Child Care.

Outcome Measures and Analysis: Multivariate analyses were conducted to determine the differences in baseline nutrition environment and provider practices

between the FCCHs and childcare centers. Rural-urban location was included in the model as a covariate.

Results: Overall, all FCCHs and childcare centers sometimes met nutrition best practices. However, significant differences between FCCHs and centers were found. Specifically, as compared to centers, FCCHs had higher ratings for nutrition best practices regarding: offering fresh fruits and vegetables, offering low fat meat, providers rarely consuming unhealthy foods/beverages in front of children, and receiving nutrition training for providers. As compared to FCCHs, childcare centers had higher ratings for nutrition practices regarding offering limited fried or pre-fried meats, rarely using food to calm upset children or as a reward, and using menus in at least a 3-week cycle. Both providers in FCCHs and centers scored relatively low on serving meals family style, nutrition education for children and parents, and having a comprehensive written policy for child nutrition.

Conclusions and Implications: Given the significant differences found between FCCHs and centers, it may be important to tailor programs aiming to improve nutrition best practices based on their childcare context and explore their unique motivators, facilitators and barriers.

Funding: USDA Team Nutrition; Nebraska Extension, the Nebraska Supplemental Nutrition Assistance Program – Education (SNAP-Ed) and the Nebraska Department of Health and Human Services – Division of Children and Family Services

P165 Nutrition in Transition: An Examination of Nutritional Attitudes and Behaviors Among a Transitional Housing Population in Baltimore, MD

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Objective: To assess the impact of a nutrition education intervention, to identify participant experiences and perceptions of the intervention, and further uncover additional nutrition wants and needs of a homeless population.

Design, Setting, Participants, Intervention: An exploratory sequential mixed model using pre and post intervention data from homeless transitional housing residents in Baltimore, MD ($n=26$) receiving a nutrition education intervention and participating in focus groups occurred in 2015.

Outcome Measures and Analysis: Twenty-four hour Food Recall data was analyzed using the USDA SuperTracker Tool. Generalized linear mixed model analyses were performed on categorical variable data while Linear Mixed Model analyses were performed on continuous variable data to assess change from baseline to follow-up for the survey questions. Focus group data was analyzed with Atlas.ti version 7.0 for themes.

Results: It indicates that participants were more likely to rate their diet as "Healthy to Very Healthy" ($p=.035$), eat a variety of fruit ($p=.011$), go out of their way to purchase fruits and vegetables (FV) ($p=.010$), enjoy trying new vegetables ($p=.035$), know the vitamins found in FV ($p=.005$),

Continued on page S89